



ARTS & LIFE

Circus Safety

The Underground Circus says certifications do not always reflect experience. **P7**



SPORTS

Karate Kid

Yushi Nakajima defends his title at the world championship starting Mar. 9. **P8**

ONLINE VIDEO SPECIAL

Off Key Improv

New players and liquor licensing to join Off Key Musical Improv troupe. **langaravoice.ca**



the Voice

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MARCH 8, 2018 • VOL. 49 NO. 12 • VANCOUVER, B.C.



South Asian fashion catches eyes on catwalk

P7

Model for Zuri Designs at South Asian Fashion Week at the Hard Rock Casino Vancouver, Coquitlam. PHOTO BY DESIRÉE GARCIA

Free the books

Open Educational Resources save money

■ By CAMERON THOMSON

Students are upset with curriculum requirements that cost them hundreds of dollars in textbook purchases each semester, when only a small section of the books are used in class.

Julian Prior, educational technology advisor at Langara College, said these concerns top the list of criticisms he hears from students.

"From the interviews we have had with students, that is probably the most common complaint, that their instructors are making them buy a \$200 textbook and just using one or two chapters from it," Prior said.

Open Langara, a committee formed in 2017, brings together representatives from all over campus to find ways to deliver free, open education resources (OER) to Langara instructors – an alternative to traditional textbook purchases.

In the last year, 15 instructors have adopted 57 OER's, saving their students more than \$300,000 in expenses. Physics, math, statistics and business have the highest rates of adoption so far. This spring, the Marketing 1200 required textbook costs \$150 while the Kinestiology 1103 textbook goes for \$120, and neither offered an open source resource option.

Mark Abrams, director of ancillary services at Langara, said one of the challenges of making more OERs available is the cost required to make them.

"While there are various government programs and foundations that provide funding to develop open source materials... more avenues to pay for the development of these materials is still needed," Abrams said in an email to *The Voice*.

Langara student Lara Griner used an OER last semester for her marketing management course. "I thought it was great, I think the main point is that it was free. Compared to the expensive textbooks that we have here, so it was good – no money whatsoever," Griner said.



Julian Prior
ED-TECH LANGARA
DEPARTMENT

Temple fights dispensary

Sikh temple asks police to halt opening of nearby pot store

■ By CLOE LOGAN

A Sikh temple and a dance studio are complaining about dispensaries in the area because they fear they will attract intoxicated people to the temple and the smell of marijuana will stop parents from bringing their children to the studio.

The Khalsa Diwan Society Vancouver Sikh temple, located on the corner of Marine Drive and Ross Street, is 150 metres from the location of a future dispensary.

Pall Singh Beesla, outreach coordinator and treasurer of the temple, said he fears a dispensary could increase the

number of people that come to the temple's free meal programs while under the influence of drugs – an act that is strictly forbidden by temple protocol.

"We serve citizens from multiple backgrounds. As long as citizens respect the grounds, they are welcome to a free meal," he said.

Beesla said he worries problems the temple has had with visitors refusing to follow their sober requirement will increase once there is a dispensary close by.

"Having a dispensary distributing narcotics in close proximity, we fear will

compound these issues," Beesla said.

Beesla took his concerns to the Vancouver Police Board on Feb. 15, but says no action was taken by city officials.

Jatinder Randhawa works at the Vancouver bhangra school Shan-E-Punjab Arts Club on Main St. and 51st Avenue. The school is next door to a dispensary called Weeds, which has been open for two years.

Randhawa said he has respect for the dispensary's business, but does not think his neighbourhood is the right place for it. Randhawa said the smell of marijuana comes into the studio, and that parents are skeptical about bringing their children because it is next to a dispensary.

"These types of shops shouldn't be open in community neighbourhoods. The government says smoking [marijuana] isn't allowed in public places. Why are they putting it right in the middle of a neighbourhood?" Randhawa said.

"These types of shops shouldn't be open in community neighbourhoods."

– JATINDER RANDHAWA, STUDIO STAFF

Rielle Capler, UBC cannabis and drug policy researcher, said it is important not to judge all dispensaries because of the ones that

are less considerate. Capler said it is essential dispensaries work together with communities to establish strong relationships.

"Dispensaries have been shown to reduce crime in neighbourhoods," Capler said.



Court staff 'insufficient' for case demands

Inadequate legal-aid funding leads people to represent themselves

■ By NATALIA BUENDIA CALVILLO

The Richmond provincial family and youth court is not meeting the demands of the city's legal cases and an increasing number of people with no legal training are representing themselves.

Those were some of the findings of the Richmond family and youth court committee, whose chairperson Heather McDonald told city council Feb. 26 that more pressure needs to be put on the provincial and federal governments to address the concerns.

"We've known of a growing number of backlogged cases and unreasonable delays in the provincial justice system in the Richmond provincial court," McDonald said. "In our view, the numbers of family court judges, family court counselors, registry staff, and duty counsel appear to be wholly insufficient to meet the demands of a number of cases before the courts in Richmond."

"Many people...do not have the vaguest idea of how the court functions"

—GARY W.D. ABRAMS, LAWYER

Lawyer Gary W.D. Abrams, an advisor to the committee, wants to see the courts run more efficiently.

He said people forced to represent themselves are doing so because of insufficient legal aid. The lack of aid also affects people experiencing family problems and facing criminal charges, he said, noting non-English speakers are also at a disadvantage.

"We have a large number in Richmond that do not have a grasp for English, and many people including some of the same who do not have the vaguest idea of how the court functions," Abrams said.

The committee planned to send a letter to Attorney General David Eby and Deputy Attorney General Richard Fyfe outlining the report's recommendations for changes to the Richmond courts.

A spokesperson from Eby's office said they had not yet received a letter from the committee, and would not be providing comment unless one was received.

RICHMOND COURT

550 cases

Average number of cases heard annually in the Richmond provincial youth and family court between 2007-2012.

774 hours

Average number of volunteer hours per year contributed to the Richmond provincial youth and family court between 2008-2012.

SOURCE: RICHMOND.CA



A development plan for 2601 Lonsdale Ave., a site gutted by fire last year, has residents in the area rallying against a public hearing. Loss of green space and the closure of a laneway are the community's primary concerns. MYRA DIONNE PHOTO

Tear down causing dustup

Locals fear public hearing won't change development plans

■ By MYRA DIONNE

Residents opposed to a proposed six-storey 44-unit development on an Upper Lonsdale building site gutted by fire over a year ago are worried their concerns will not be resolved at a public hearing.

The City of North Vancouver city council will vote March 12 on a motion to move Pezzente Holdings Inc.'s application to rezone 2601 Lonsdale Ave. to a public hearing.

Marilyn Biddle and several resi-

dents in the area say their concerns have not been addressed, despite signing petitions requesting the city and developer consider modifying the proposal.

"It's really difficult because I've lived here a long time and I've seen the highway come along," said Biddle, who is con-

cerned about the building's height and effect on parking and traffic. "We used to be able to park on Lonsdale then, you wouldn't dare park on Lonsdale now."

Council voted 3-2 at a Feb. 5 meeting to send the proposal back to staff for changes, instead of moving it to a public hearing. Two councillors were absent for the vote.

That prompted Mayor Darrell Mussatto to use a subsection of the community charter and council procedure bylaw to bring back the item for a second vote next week.



Darrell Mussatto
MAYOR, CITY OF
NORTH VANCOUVER

Alfonso Pezzente, the project's applicant, said he's complied with every change city staff requested. If his proposal is rejected, he added, he will have to rebuild the existing structure on the site, which was severely damaged by fire in 2017.

"I can't fight city hall and the neighbours for the next two or three years—I'm just not going to do that," he said. "It's a financial and an emotional stress. I told them right from the beginning, I didn't want to be the bad guy against the neighbours."

Old 'hood calls for modern technology

Burnaby group says EV chargers "important element missing" from area

■ By LINDSEY LLOYD

The executive director of a North Burnaby business advocacy group has requested the city install electric vehicle charging stations in the Heights neighbourhood to attract more people who drive zero emission vehicles.

Isabel Kolic of the Burnaby Heights Merchants' Association presented a letter Feb. 6 to the city's sustainability committee noting the area doesn't offer options for drivers who want to charge their cars while shopping.

"There has been a re-investment in our community, attractive new places to live and do business in and more diverse housing options but there is one important element missing: there are no electric vehicle charging stations anywhere," Kolic said in her letter.

She said large-scale developments installed charging stations in other parts of the city, including Brentwood Town Centre, which is a requirement under city policy.

Burnaby has 100 free charging stations operated by private busi-

nesses but only one public station near Deer Lake.

Resident Vicki Rasmussen also wrote to council requesting stations for the northern part of the city, including the Heights, which is located north of East Hastings Street between Boundary Road and Gamma Avenue.

"We are considering purchasing an EV but I don't see many spots for charging in the north Burnaby area," Rasmussen said in her Jan. 16 letter to council.

Lise Townsend, the city's ecosystem planner, said the city is currently gathering public feedback on requirements for installing private and public stations at private developments.

Resident Randy Rinaldo, a member of Vancouver's Electric



An electronic vehicle charging station.

Vehicle Association, said private businesses in Burnaby have been pretty good about supplying EV charging stations.

"A lot of private developers are taking initiative and installing it themselves without a bylaw," Rinaldo said. "They can see it coming."

An Insurance Corporation of B.C. report from 2016 said Burnaby had 222 registered electric vehicles, up from 12 in 2012.



Following a survey conducted by the Langara Smoke-Free Committee, which saw 74 per cent of students and staff strongly supporting becoming a smoke-free campus, the college announced that the campus will officially be a smoke-free environment as of May 1. NIKITHA MARTINS PHOTO

Smokers told to butt out

Langara campus to become smoke and vape-free on May 1

■ By NIKITHA MARTINS

Langara College will become a smoke-free campus as of May 1, following two years of open consultation and support from a majority of students and faculty.

A smoke-free committee, made up of Langara faculty and nursing students, was formed in 2016 to explore how to regulate smoking on campus. In the spring of 2017, the committee conducted a survey of staff and students, which found that 74 per cent of respondents strongly supported making the move to a smoke-free campus.

Dawn Palmer, the committee's vice president, said their decision was intended to eliminate exposure to second-hand smoke and make Langara a healthier campus.

"Some institutions that we talked to took a more punitive approach in terms of compliance. We are not doing that," Palmer said. "This is not about people needing to quit smoking, this is a health promotion initiative."

Max Sharma, an international student, said the policy is unfair to smokers.

"It's okay for people who are not

smokers... obviously they want this to be removed from the college because they don't smoke themselves," Sharma said. "Having attended regular six hours of classes kind of stresses me out, so it's better to take a break and have a smoke."

Patricia Woods, Langara's nurse

educator, said the age group of Langara students is critical when it comes to smoking habits, as 17 to 19 year olds are in transitional periods, potentially giving them a higher opportunity to adapt a smoking habit.

"That second window re-represents itself for most people when they leave secondary school. What we know about people who smoke is a majority of smokers when surveyed say they would like to quit smoking," Woods said. "We also know from research that the sight and smell of people smoking is a really huge trigger for them."

Palmer says that the committee will provide resources and tools for smokers, such as smoke-free classes and information for a potential 12-week free nicotine replacement therapy.



Solar power coming to Langara

Panels to be installed on T Building roof after two-year delay

■ By WILLIAM CROSBY

Following a two-year delay due to a lack of funding, installation of solar panels on the T Building is expected to begin later this year.

The Langara Business Association has worked to raise the approximate \$25,000 it will cost to have these solar panels installed, with the support of the school's facilities department.

"The school has matched all funds raised, a member of the business faculty has donated a large sum of his own money, and the Langara school of management has helped give us base funds to put on small events," Sterling Keful, president of the Langara Business Association, said.

Langara facilities director

Dwayne Doornbosch said the T Building's original design, which was given an award for its sustainable and energy efficient initiatives, intended to include solar panels back in 2016.

"When the Science Building was built, the solar panels were not able to make the final budget, but all infrastructure was included at the time to minimize future costs," Doornbosch said. "We plan to move ahead with the installation in 2018."

Doornbosch said the panels will provide the school with clean, green energy for general use, while also reducing the overall power demand for the school.

Keful said the association is looking to have various types of solar panels installed in an accessible area on the roof, giving science students an opportunity to study them.

Csilla Tamas, an applied science for engineering instructor, says that a prospective solar energy program at Langara could be introduced in the future.

"It is a possibility down the line - when I am not sure," Tamas said. "If such a program would be cre-

ated, it would probably involve the environmental studies department as well."



Roof curbs on the T Building were installed back in 2016. The solar panels will be attached to the curbs later this year. DWAYNE DOORNBOSCH PHOTO

Clubs can't find space to meet

Some Langara clubs are experiencing issues when booking rooms on campus

■ By AGAZY MENGESHA

As the student population at Langara grows, some clubs are complaining of being unable to find space for club meetings and events.

Clubs have reported that a lack of meeting spaces at Langara, along with communication issues, has caused them to move off-campus or even shut down entirely.

Rosi Hunter was the head of the Langara Yoga Club, which she founded in 2015, but was forced to disband it last term because she couldn't find any places to meet.

"I spent days wandering around campus looking for suitable rooms and asking the [Office of Student Engagement] if we could book them," Hunter said in an email to *The Voice*. "Most of the time they weren't even booked - we just weren't allowed to hold yoga classes there."

Ahmed Elsayed, president of the Langara Muslim Students Association, said a lack of communication was the biggest issue the club faced when trying to book space for an event.

"They just kept procrastinating the email," Elsayed said. "They couldn't have been a little more comprehensive with their replies, rather than simply replying 'we'll get into it' or 'we'll look into it'."

Elsayed said that going in person to book a room simplified the process.

Reba Noel, coordinator of Student Engagement Programs, says she realizes the booking process can be frustrating.

"You get a lot of calls, and a lot of emails, and we're all trying our best to respond to them, but sometimes there is certainly a definite benefit to coming in," Noel said. "We don't have a lot of available space. Instruction takes priority, when it comes to the classroom space, and many of the other spaces, it's a little bit like first-come first-served."



Reba Noel
STUDENT ENGAGEMENT PROGRAMS
COORDINATOR,
LANGARA COLLEGE

MEETING ROOM INFO

» Number of bookable rooms

There are 10 meeting rooms on campus that can be booked.

» Capacity

Largest room holds up to 30 people, smallest holds up to 10.

» How to book

Fill out a room request form at the VOLT office.

SOURCE: REBA NOEL, STUDENT ENGAGEMENT PROGRAMS COORDINATOR

CULTURE ON THE CATWALK

Designers merge tradition with modern style at South Asian Fashion Week

Stories and Photos by Desirée Garcia



Model wears designer Lux Collections at South Asian Fashion Week at the Hard Rock Casino Vancouver, Coquitlam.



Designers from Wellgroomed Designs Inc. and a model wearing their gowns at South Asian Fashion Week

Ethnic threads go

Local designers bring South Asian fashion

Vancouver’s South Asian fashion community is providing a platform for other cultures to embrace their clothing and design through a runway show.

South Asian Fashion Week, hosted last weekend at Coquitlam’s Hard Rock Casino, was created with the goal of making South Asian fashion accessible to a wider audience, featuring over 10 local designers.

Cindy Khella, one of the show’s producers, said the concept started as one extravagant fashion show before turning into a multi-day event to give South Asian design the representation it currently lacks in mainstream fashion.

According to Khella, Vancouver is an international fashion destination for South Asian wedding wear, with some customers flying in from Europe.

“It’s the same designers, so why not also make a platform for other clothing that they’re designing,” Khella said of how the show was created.

Raman Johal-Chauhan, owner of clothing store House of Raina, was excited when she was approached by the fashion week team because she felt the show fits with her store’s mission statement of South Asian fashion inclusivity.

“There’s interracial marriages and

people who are going to South Asian weddings,” Johal-Chauhan said. “[We’re] making sure people that weren’t necessarily Indian, would want to come in and feel comfortable shopping.”

Johal-Chauhan said her designers have created clothing with less embroidery, different shapes and darker colours to break away from tradition to create a unique sense of style, with a modern touch.

“We used crop tops with a harem pant instead of a traditional salwar,” Johal-Chauhan said, referring to one of her fashion week designs that changed how the traditional Indian baggy trouser is worn.

Usually a saree, a South Asian female garment that is draped around the waist and shoulder, has a blouse underneath. But Johal-Chauhan chose to make the saree look like a top and a skirt to appeal to modern tastes without losing a connection to tradition.

Bindu Khatri, who attended South Asian Fashion Week, said fashion has something for everyone and that South Asians are proud to see people from other cultures wearing their clothing.

“We, as Indian, wear Western clothes all the time, we wear Pakistani clothes, we wear even Chinese, and we love to wear Kimonos,” she said.

“When we see people from other

cultures too, we designed by Indian theirs, it’s very

“Fashion is o we can again, one,” Khatri said us is amazing, platforms, all t away and you’re

But several d specify the diff fashion and app

For example, turban design a last month, acc



Associates dress preparation for

SOUTH ASIAN FASHION AT A GLANCE

SOURCE: FORBES.COM

» Bridal wear

The South Asian bridal fashion market is estimated to be worth approximately \$100 billion dollars.

» Jewellery

Jewellery makes up \$40 billion dollars of the bridal industry.

» Fashion week

Lakme Fashion Week, held twice a year in Mumbai, now ranks amongst the top 10 fashion weeks in the world.

Breaking fashion tradition

Modern twists on customary wear attractive to wider audience

South Asian fashion designers are breaking from traditional fashions to creating new styles for women.

Raman Johal-Chauhan, owner of the House of Raina clothing store and a participant in South Asian Fashion Week, said in the past South Asian fashion has been very traditional with minimal clothing options, but now there many different options for women. “Designers are picking up on different things to let girls express themselves,” Johal-Chauhan said. “To allow them different ways to mix and match, to kind of make that fashion statement that they want to make.”

According to her, there’s a growing demand for less traditional South Asian clothing.

In her fashion week designs, she is incorporating modern embroidery with leather appliques and mirrors as well as some traditional embroidery techniques of small knots and stitches.

Johal-Chauhan’s runway designs also included modern gowns rather than lehengas, a long, traditional skirt.

“For South Asians, most people are probably second and third generation now, and don’t really relate to India the same way maybe their parents and grandparents did,” Johal-Chauhan said.

Dave Singh, a participant in South Asian Fashion Week and owner of Wellgroomed Designs Inc., said he does not follow the traditional rules and

brings Eastern and Western culture together in his designs.

“The silhouettes are not traditionally Indian,” Singh said. “I have done a lot of experimenting on the different cuts of the blouses, incorporated a lot of fringes and feathers and added Swarovski details.” Singh starts each design by discussing with clients what they require before submitting the sketch to a factory. There, a sample swatch of the embroidery is created and when the client approves, the full embroidery, garment and silhouette process begins.

“It’s a step-by-step process, it can take anywhere from 30 to 90 days depending on how elaborate the outfit is,” Singh said.



at the Hard Rock Casino Vancouver in Coquitlam on Mar. 3.

mainstream on into the mainstream

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usations of cultural ap-

ropriation were made.

Clothing designer Dave Singh said that because of its association with religion, Gucci’s use of the turban was more for attention then respectful representation.

“I have seen a lot of Hollywood celebrities supporting an Indian saree... and I feel proud that they are liking what we create,” Singh said. “A turban represents Sikhism, so I did not like that part.”

“But if it’s done in a tasteful and a respectful manner, then I think that there’s no harm in that.”



Clockwise from top left: a model wears Zuri Designs at fashion week; model wears Paisey by Asma; mannequin wears a gown at the Wellgroomed Designs Inc. store.



ssing a mannequin in a gown, designed by Dave Singh, at Wellgroomed Designs Inc. store in Surrey, B.C., in South Asian Fashion Week.



VPD in hazy territory

In Vancouver, where you can walk for five minutes and see three different dispensaries, it can be easy to forget that cannabis is still illegal to sell. But until someone complains, no one seems to care, not even the police.

A new dispensary called Air Collection Reserve recently opened on SW Marine Drive. But its neighbours (which include a temple and a daycare) have already begun taking their complaints to police, and it may not be long until the dispensary is closed down for good.

With cannabis legalization on the horizon, law enforcement has recently been more tolerant towards dispensaries. But, as has been reported by local media, Vancouver police have long maintained that making arrests for cannabis possession and distribution is not a priority.

Nevertheless, this attitude can still change very quickly when communities begin regularly and loudly registering complaints.

Just over a month ago, the illegal, open-air marijuana market located at Robson Square was shut down by



OPINION

AGAZY MENGESHA

“Marijuana exists in a strange, quasi-legal state where no one is quite sure what's okay to do.”

the Vancouver Police Department, resulting in two arrests. Complaints had reportedly been filed by the food cart vendors operating in the area, who were concerned that the cannabis market was operating without a license, and possibly selling cannabis products to minors.

The dispensaries, however, are not to blame for taking advantage of an opportunity to make money. If anyone has to claim responsibility, it's the VPD.

Thanks to the VPD's apathy toward policing dispensaries, marijuana exists in a strange, quasi-legal state where no one is quite sure what's okay to do, and what might get them arrested and charged. Consumers might complain, but recreational marijuana needs to be entirely legal, or entirely illegal and fully enforced - no grey areas. A solid legal framework helps everyone involved.



Textbooks can cost up to \$300 each, a steep price for students. CLOE LOGAN AND ANA ROSE WALKEY ILLUSTRATION

Open Ed texts a win for B.C. students

Open educational resources (OERs) are a fantastic way for penny-pinching students to maximize their scarce funds without sacrificing the quality of their education, especially in Vancouver where prices are already sky high.

Today's textbooks are ridiculously pricey, with some costing up to \$300 a pop.

While studying creative writing at Capilano University, I would spend an average of \$600 on textbooks each semester. That's 80

per cent of what one month's rent cost me at the time. Students are often forced to work one or more jobs while in school to be able to live and study here. With the cost of living constantly rising in Vancouver, spending so much valuable rent money on textbooks is not sustainable.

OERs can be built by multiple authors, and can be legally copied and shared for teaching, learning and research. In lieu of purchasing traditional print textbooks, students can access open textbooks for free.

The idea of free, open textbooks is a brilliant one. Not only do students no longer have to lug around 80 pounds of paper each day, but the weight of being broke is greatly reduced.

Seth Bergmann, a computer sci-

ence professor at Rowan University, pointed out in a study that, if using open source software, the production of educational resources can also be free.

With use of open source publishing materials, contributors have no need to spend a penny to share their material.

Despite not being paid for their work, Bergmann wrote that many university faculty contributors are compensated with promotion or a salary increase as a result of textbook publication.

If education is intended to improve the lives of students, access to free learning materials clearly has the advantage over traditional paper textbooks. If faculty is able to leverage publication of these materials into a promotion as well, everyone wins.



OPINION

ANA ROSE WALKEY

Fashion is not culturally owned

Vancouver's first annual South Asian Fashion Week (SAFW) showcased fashion design that sits at the intersection of East and West. The brand new event also happened to emerge at a time when cultural appropriation was, once again, in the news.

Gucci was widely criticized a week earlier by both media and critics for dressing white models in Sikh turbans in a fashion show.

While there is debate over what, exactly, constitutes cultural appropriation, it's impossible to deny pop culture has long made a habit of using the icons and symbols of minority or marginalized cultures to sell products.

There's a time in every person-of-colour's young life where she gets picked on because of who she is. When people of colour are stereotyped, we become embarrassed of displaying our heritage. This is why, as a young South Asian immigrant in Surrey, one of the problems I faced was a disconnect from my family's culture.

As I grew older, I saw Western culture begin to incorporate South Asian fashion, both on the red carpet and in casual attire. I was excited because it felt like my culture was finally being welcomed and accepted.

But why, I began to wonder, was it only safe and acceptable for me to embrace my culture once young white men and women accepted it?

Pooja Patel, a South Asian social media influencer, has been quoted as saying it's white taste and white privilege that hold the power to make decisions on what is accepted and trendy.

South Asian Fashion Week is a prime example of what fashion could look like in a future where diverse cultural expression is not subjected to the pressures of validation from clueless majority tastemakers.

Fashion is an art that is too beautiful not to be shared with everyone. And while I do not agree with the idea of keeping fashion within specific cultural boundaries, I do think white, Western society needs to do a better job of interacting with cultures that have suffered oppression, often at the hands of Western culture itself.



OPINION

NIKITHA MARTINS

Check out
langaravoice.ca
for photos of
SAFW!

the Voice

The Voice is published by Langara College's journalism department. Editorial opinions are those of the staff and are independent of views of the student

government and administration. We welcome letters to the editor. They may be edited for brevity. Your letter must include your name and phone number.

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(L - R) Jean-Luc Bedryk, a first-time drop-in, and The Underground Circus (TUT) supervisor, Peter Boulanger, discuss how to do a requested trick. PHOTO BY CAMERON THOMSON

Get your circus on ... at your own risk

Latest carny training trend could cause injuries, says expert

■ By CAMERON THOMSON

Newcomers to a Vancouver circus-training fitness trend need close supervision from a qualified instructor to avoid risking injury, say experts.

As of last week, The Underground Circus (TUT) on Fraser Street, started offering drop-in circus classes in the evening where anyone can practice prop manipulation, aerial acrobatics and balancing acts. These sessions are not run by certified instructors, but by company supervisors who trained at the National Circus School in Montreal and performed with Cirque du Soleil.

Dr. Robert McCormack, an or-

thopedic surgeon, said that while certifications indicate whether someone is qualified to teach, not every certified coach teaches in a way that minimizes injury.

"Circus acts are different in terms of the risks but all of them have potential acute injuries which would be sprains, fractures — things related to falls and overuse injuries," McCormack said.

"Things that you would look for if you're doing [these] activities are what [coaches] have in terms of emergency equipment, what their

protocols and what their emergency action plans are."

Peter Boulanger, who supervises TUT's drop-in circus classes in the evening, said the National Circus School offers one-to-three-year coaching programs which hand out certificates. But there are training centres that offer a one-weekend coaching workshop that does the same as well.

"When someone has a certification for coaching, it doesn't necessarily tell you about their depth of experience," Boulanger said. "They could have gotten that certification

last weekend."

According to TUT's Facebook page, new participants are given a safety orientation and other safety essentials, such as a restriction on aerial rigging which involves hoisting performers into the air using ropes and pulleys during their first visit. Cell phone use is also prohibited while using circus equipment.

Reneé Mak, who has been attending TUT's drop-in circus classes for five years, said certifications do not always represent skill.

"I trust Peter with my life," Mak said. "I think experience is a better premium. Sure, a certification is nice but there are personal trainers who are certified [and] not good at all. So what does it mean to be certified?"

"I trust Peter with my life. I think experience is a better premium."

—RENEÉ MAK, A TUT DROP-IN CIRCUS CLASS ATTENDEE

Women learn to code together

Female-only workshops increasingly in demand

■ By AMANDA POOLE

Women-only technology workshops provide a safer space for women to learn, according to organizers and participants.

Ewuraesi Thompson, the Vancouver chapter lead for Canada Learning Code, a non-profit organization that hosts coding workshops for girls and women, said women want to learn in a space that won't make them feel inferior or insecure.

"A women-only or majority [workshop] is a place where people can feel safe, which is why we put them on," Thompson said.

Canada Learning Code is in its sixth year of hosting Ladies Learning Code where women and youth can learn about web design, artificial intelligence, WordPress and more. Other non-profit organizations such as Django Girls and Women Who Code Vancouver teach similar courses and also highlight a safe atmosphere.

Christina Reider, a recording engineer, said attending Ladies Learning Code was one of the best educational experiences she has ever had.

"I felt like I could ask more questions," Reider said. "There was a certain relaxed vibe that I really enjoyed."

Thompson said there is a wide range of women interested in women-only technology workshops.

"It ranges from people who are unemployed and looking for a job to lawyers and accountants who want to up their skills," Thompson said.

Jessie Adcock, the chief technology officer for the City of Vancouver,

has been working in technology for 20 years. Adcock said there are noticeably fewer women than men in the fields of science, technology, engineering, and mathematics (STEM).

A Statistics Canada report confirms Adcock's observation, despite the fact it also shows that women represent the majority of young

university graduates.

Adcock said women-only technology workshops allow women to explore STEM careers in a less pressured environment.

"It reduces a barrier to entry because it allows women to see what this is all about without necessarily having to go up against other external pressures," Adcock said.



(L - R) Linda Ng, Tiffany Chu and Eliza Xu editing their career portfolios in an Adobe Creative program. PHOTO BY AMANDA POOLE

Artists illustrate need for change

Alternative to note-taking 'helps people see'

■ By LISA STEACY

B.C. businesses, service providers and community organizations are increasingly turning to graphic recordings to tackle heavy topics, saying they are more effective when it comes to sharing difficult experiences and educating the public.

A graphic recording is a large-scale drawing created by an artist who documents a discussion as it happens. This new technique is an alternative to minute taking, report-writing and audio-video recording.

Amal Ghazal, the director of SFU's Centre for Comparative Muslim Studies, recently asked artist Tiaré Jung to create a graphic recording of their Being Black & Muslim event where attendees discussed discrimination based on race and religion.

"Recording in this way did not impose in the way that video would," Ghazal said.

Ghazal said the recording captured the most important elements of the discussion, and she has been sharing it online to educate the public.

Some of Jung's other clients include Indigenous organizations, women's groups and community service providers. In some cases, she is asked to record an entire discussion or the top three ideas.

Jung said the visual and interactive nature of a graphic recording makes it easier for participants, particularly marginalized people, to confidentially share their stories.

"But it still animates the experience in a way that fully captures the emotion and life," Jung said.

"Visualization really helps people see and hear themselves and also see and hear each other."

Sam Bradd, the founder of Drawing Change which hosts workshops on graphic recordings, said that unlike a lengthy written report, an image is a compelling way to engage and educate people about pressing social issues.

"It's that hook to get them involved," Bradd said.

"Where we're at in society right now is that we have infinite information but what we need are tools to help us make sense of it."

WHAT IS A GRAPHIC RECORDING?

Large-scale

drawing by an artist who documents a discussion as it happens.

Alternative

to minute-taking, report-writing and audio-video recording.

Captures

the most important elements of a discussion (e.g. top three ideas).

SOURCE: TIARÉ JUNG, ARTIST AND GRAPHIC RECORDER

Falcons land in third

Basketball team loses semifinals at PacWest

■ By WILLIAM CROSBY

The Langara Falcons finished with bronze at this year's PacWest men's basketball championships held last weekend in Nanaimo.

The Falcons defeated the Camosun College Chargers 82-71 on Saturday, after losing their semifinal game 96-85 against the Douglas College Royals the previous day at Vancouver Island University.

Falcons forward Harry Brar said the team was disappointed with their finish given the strong overall year they've had.

"Personally I think we should have done better. We should be playing in the finals," Brar said. "Nobody wants to play in the third-place game especially considering we had a really good year."

The Douglas Royals came in first place with a score of 76-59 against the VIU Mariners on Saturday.

Falcons' coach Paul Eberhardt said that even though the Royals defeated them in the semi-finals, the Falcons have beat them before.

"We know we were capable of perhaps winning it all. I think we're disappointed but we're happy to finish with a win," Eberhardt said.

Douglas Royals' coach Joe En-evoldson said anytime their team competes against Langara it's going to be a difficult win. "They're very run and gun and you're going to have to be able to keep up with them offensively."

"They're very well coached and they've got a lot of talent there. We were just fortunate that we rebounded the ball very well," En-evoldson said.

This was also a good year for Falcons player Ravi Basra who was selected to the tournament all-star team—a distinction only a handful of players in the tournament will receive.

"The top five of the PacWest tournament gets selected for the tournament all-star so it's a pretty good honour," Basra said.

BRONZE MEDAL GAME STATS

HARRY BRAR
15 points, 4/5 from three-point range

RAVI BASRA
7 points, 11 assists, 9 rebounds

HARRY LIU
14 points, 6 rebounds

GRADY ZUBAIDI
12 points, 5 rebounds

GRANT GALBRAITH
6 points, 6 rebounds



Yushi Nakajima, a South Vancouverite, trains at West River Karate. He will be defending his title in an higher age category at the 2018 Karate National Championships in Halifax beginning March 9. He will be travelling with nine other students from the dojo who are all part of the provincial team. AMANDA POOLE PHOTO

Poised to strike again

■ By AMANDA POOLE

Perseverance and discipline are two qualities a 16-year-old karate national champion has mastered.

Yushi Nakajima who trains at West River Karate in South Vancouver, will be defending his title in kata, a series of detailed patterns and movements, at the 2018 Karate Canada National Championships starting March 9. He will be joined by nine other members from the dojo at the championships.

His competition is especially challenging this year because his opponent is older, more experienced

and has a black belt, unlike the brown belt wrapped around Nakajima's waist.

With blue mats, bare feet and a banner of British Columbia worn across his heart, Nakajima stands poised in training as he prepares to defend his karate title.

"My expectations are to truly do my best. I have prepared a lot and trained a lot over the past two months so I am just hoping for my best performance," said Nakajima before practice.

Kenny Lim, a sensei at West River Karate, has been training Nakajima for the past eight years and said he knew his pupil would be successful.

"Nakajima has the ability to know what he wants and go for it," Lim said.

For the young apprentice, training starts at the dojo five to six times a week and ends at home where he practises karate in his garage.

Nakajima attends an International Baccalaureate program which offers rigorous courses that are fa-

voured by colleges. He has a heavy science and chemistry course load and is often the last one at home to go to bed.

Unlike team sports, where everyone shares a loss or a win, in karate, the loss becomes personal said Nakajima's father Kaz.

Before becoming so successful, his son swallowed his share of losses.

"He wanted to practise more and finally he got to win," Kaz said.

Nakajima said in all honesty he can be lazy sometimes, however, his accomplishments and sensei speak louder.

"Black belt is a white belt that never gave up," Lim said.

"Black belt is a white belt that never gave up."

—KENNY LIM, SENSEI

New bat laws for Little Leaguers

Ruling body requires standard bat be used across the board

■ By GABRIELLE PLONKA

South Vancouver Little League players will be forced to retire their baseball bats and purchase new ones for the 2018 season in order to comply with changing equipment standards.

All Little League players must play with official, "wood-like" bats, approved in January by the board of directors of Little League International, the world ruling body. Approved bats will be labeled with USA Baseball stickers starting this season. USA Baseball was asked to come up with a standardized bat to make the game more uniform across all leagues. As such, the change will affect all affiliated youth leagues.

"It takes away the technical advantage where kids could buy the most expensive bat, just to get the biggest hits," said Paul Steele, president of South Vancouver Little League. "It makes it so that you have to have the

skill to actually do it."

Steele said the change will add fairness to the game, but it will be an expensive switch-over for many families.

"There's going to be quite a few parents who, I think, are going to be a bit hesitant," Steele said.

South Vancouver Little League vice president Moto Mukai said there isn't a major difference in price between the bats, but having to replace an old bat with a new one is an added expense.

"Some people call it a cash grab to sell more bats," Mukai said. "Most of us just deal with it [...] if we have to buy new bats then we buy new bats."

Kevin Fountain, director of media relations at Little League International, said Little League Canada cannot reject the new rules.

"As with any change, you're always going to have some concern and push back," Fountain said. "We're doing our best to assist and provide resources."

South Vancouver Little League players will have the option of using a team bat if they don't wish to purchase their own. Mukai said that with the new bats, some players will struggle to hit as far as they did before, making it challenging for players to hit home runs.



Little League player Oliver Mukai shows off an approved USA Baseball bat at a baseball clinic in South Vancouver Feb. 27.

GABRIELLE PLONKA PHOTO